



fresh



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UPPER CRUST

Desserts sure to impress holiday guests
page 26

Slow Down

Your slow cooker
can make your meal
even better.

A Festival of Latkes

Create a delicious
Hanukkah tradition
page 32

WEATHER-RESISTANT FISH
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Maple Glazed Leg of Australian Lamb with squash puree and cranberry-pear chutney

6 Servings

- 1 Australian lamb leg, bone in
- 4 shallots, sliced
- 4 sprigs thyme
- 3/4 cup pure maple syrup
- 1/4 cup lemon juice
- 1 tablespoon balsamic vinegar

Squash Puree

- 1/2 cup butter/milk
- 1/2 teaspoon nutmeg
- 2 lbs squash, peeled and sliced
- butter, optional
- freshly ground pepper, to taste

Pear and Cranberry Chutney

- 2 spring onions, sliced
- 3 pears, peeled and sliced
- 1/4 cup brown sugar
- 1/2 cup cranberries
- 1/2 cup cranberry juice
- 3 tablespoons red wine vinegar
- 1 cinnamon stick
- 2 tablespoons coarsely ground orange zest

Trim visible lamb fat and cut 4 deep slashes into meaty side. Place shallots and thyme into slashes. Combine syrup, lemon juice and balsamic vinegar. Brush half over the lamb and into the slashes. Reserve remaining mixture for basting. Marinate 2 hours.

Chutney: Combine all ingredients in large saucepan. Bring to boil, reduce heat and simmer until mixture thickens.

Preheat oven to 350°F. Place lamb on a roasting pan and cook for 1 hour 45 minutes or until internal temperature reaches 130-140°F for medium rare. Baste with reserved marinade 2-4 times during cooking. Transfer to a warm dish, cover with foil and allow to stand 10-15 minutes before slicing.

Puree: Place sliced squash in pan of cold, salted water. Bring to a boil and heat until tender. Drain and mash, season to taste with pepper, nutmeg, and (optional) butter.

To serve, carve lamb and arrange on a platter with chutney and puree. If desired, drizzle lamb with additional maple syrup and lemon juice.



Visit www.countrymeadowslamb.com for cooking tips,
holiday recipe ideas and nutritional information.



FRESH FORUM

One of the small pleasures that I have, is getting the new copy of *Jivika*. The article contains interesting information about the ingredients and recipes. The recipes are fairly easy to make, and are quite creative and it's easy to find all the ingredients at my local grocery store.

Two of my three girls are vegetarians. Fresh vegetables mean less waste for them. I especially enjoyed the article on varieties and vegetables (July/August 2008 issue). These recipes enhance the great flavor of the vegetables, and I can't wait to use all my children will like the new recipes. Thank you for such a fine magazine.

Abstract

Highly recommended as a new source of great food magazines. I read it immediately even on snow! I use the recipes often and get much great ideas. I think it has a really readable format, and I love the graphics too. It really is one of our favorite local magazines.

Abstract

I thought your May/June issue of food and travel might suggest. Unfortunately I lost the magazine. Could you send me another issue if possible? I would be very grateful. It is a great magazine. Enclosed is a check for \$2.

James M. Avey
James M. Avey is Professor

Editorial: We are pleased you enjoyed the magazine and
 I believe that you will find the content interesting.

Want to Hear from You?

Please send your comments, suggestions, and editorial inquiries to editor@magazine-thru.com or write magazine (PO Box 1000 Portland, ME 04104). Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on *Magazine Thru* (ISSN 1080-0131) visit www.thruonline.com and click on the Contact Us area at the top of the page. Thank you! Portland, ME calls this 2010 SOLAR!



"Two of my three girls are vegetarians. Fresh contains many fine recipes for them."

longer, please, we'll gladly send you another copy (and return your check). Anyone who missed the race can find many of these recipes at www.bonappetit.com.

The understanding of mangroves could be subject matter for the awarded two-year-old lot in the "Wetlands For mangroves" the July-August 2008 issue of *Wetlands*.

References

Hint: While any mass preference is better, mass grants, not just politicians, also equal amount of vote (not just) mayors may be substituted for income. For example, not 10 cap-10 could of mayors in place of 10, not 5 million of income.

Did I fail to make the Whoopee Pie (July)?
 August went off well using a purchased cake mix. If I use the mix this November will the baking soda or baking powder the recipe calls for?

RESEARCH DESIGN AND METHODS

Tip: If you are using color ink and follow the color instructions, you won't need to add any additional color ingredients (flavor, baking soda, baking powder, etc.). You can, however, still use flavorings and dye.

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Abstract

- | | | |
|---|---|-------|
|  | Antipasto and Hot Peppery Dip | p. 49 |
|  | Evangelizo (Euchre) (a soup) | p. 52 |
|  | Lentil Soup with (Oregano) Meat | p. 58 |
|  | Red (Beef) Soup with Fried (Onion) Slices | p. 64 |
|  | Soup (Beef) Soup | p. 64 |
|  | Soup (Beef) Soup (a soup) | p. 70 |

WU

- | | | |
|----|--|-------|
| 1 | Joe's Southern Fried and Cream Sandwiches | \$ 18 |
| 2 | Baconer Chicken | \$ 28 |
| 3 | Beer Bratini/Lattes with Dual Cheese | \$ 24 |
| 4 | Chili-Hotite | \$ 21 |
| 5 | Cheesecake Burger Topping | \$ 27 |
| 6 | Crab Rummy-Bounded Prime Rib | \$ 52 |
| 7 | Hardy-Spicey Petrus Lobster | \$ 23 |
| 8 | Hot Roasted Pork Shrimp with Lemon and Capers | \$ 5 |
| 9 | Peasant/Prosecco/Meatloaf | \$ 26 |
| 10 | Pork Ribs with Creamy-Mustard Applesauce | \$ 28 |
| 11 | Roasted Salmon with Bagna Cavaise | \$ 27 |
| 12 | Spicy Beefsteak/Lentils | \$ 27 |
| 13 | Stuffed Shells Florentine with Tomato-Meatloaf Sauce | \$ 14 |
| 14 | Sweet and Creamy Lobster | |

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- | | |
|-------------------------------------|-------|
| ② Peter-Catalina Mullers | p. 48 |
| Franklin D. Patterson, Glenn | p. 53 |
| ② Henriette de la Torre | p. 49 |

- | Almond Torte | 2 8 |
|--|------|
| Chocolate Chipotle Caramels | 2 25 |
| Chocolate Fingerprint Truffles | 2 20 |
| Cranberry Storage Marmosette Cream Tart with Vanilla Strawberry-Drop | 2 32 |
| Cool Cream Maple Candies | 2 40 |
| Maple-Suede | 2 42 |
| Maple Pumpkin Tart with Cinnamon-Mashed Cream | 2 32 |
| Milk Shaky Peanut Butter with Cream Cheese Frost | 2 38 |
| Sublime Strawberry and Pear Crisp | 2 30 |



100

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1000

features

16

SLOW DOWN FOR THE HOLIDAYS

Start with your slow cooker for entertaining made easy
By Kimberly Mayner

22

A FESTIVAL OF LIGHTS AND LATKES

Try our delicious recipes for vegetable pancakes, or latkes — a festive dish in vogue during Hanukkah
By Lori Marx

28

UPPER CRUST

Take winter desserts to a new level with these sweet and elegant hot selections
By Elise Knaus

34

MEALS IN MINUTES: FIVE & DINE

Save time and money with savvy recipes that feature only five ingredients
By Beverly Jelline



16



34



39

departments

6 FOOD FOR THOUGHT

Themed gifts, help with party supplies here to save paper, plus ingredient Insider: Capers

9 ASK THE EXPERT

Flavor, space, and more on Bob Marley's specialty

10 FOOD LOVERS' FAVORITES

Hundreds of customers' Sonoma, Colusa win the Vint and associate Greg Adams share their special takes on traditional holiday fare

13 COOKING WITH KIDS

Let your children learn from the classic soup — from Northern Italy and provinces to Florence and Spanish-walled pasta shells

39 FOR YOUR HEALTH

Get the lowdown on sugar alternatives and take up poultry rivers: real organic goodness

43 INSPIRATIONS

Take a light approach to party dips by learning how to make tasty sides without all the fat

46 WINE WORTH DISCOVERING

Holiday wine selections are just as important as deciding what dishes to serve. Learn how to make the best choice for your event

HEALTHY IDEAS: Discover the healthiest proteins, carbs, fats & oils, and more quick, easy, and tasty recipes

Illustrations: www.karenforrest.com
Illustrations: www.karenforrest.com
Illustrations: www.karenforrest.com

ON THE COVER: Maple Pumpkin Pie with
Cinnamon-Banana Bread (Soup)
(See page 22 for the recipe)
Photograph by Emily Langford Mayner



Care Packages

Fun to receive and fun to select, a collection of items, brewed on a theme, is a great way to share thoughts and love. At the holidays, indulgent treats and personal whimsies are especially welcome as a gift basket, and giving one is easy when you can pick up just about everything you need at *Himeloft*—including gift certificate wrap-off any basket. Here are some ideas to get you started.

Chocolate Lover's Basket

- Ghirardelli premium box chocolate
- Luscious truffles
- Taste of Inspiration® Chocolate Pecan Butter Fopping
- Chocolate covered macadamia nuts
- Handmade chocolate bars in several flavors
- Double chocolate brownie mix
- Chocolate flavored coffee

Wine Lover's Basket

- 1 or 3 wines from Himeloft's Limited Reserve collection (see page 48)
- A block or two of delicious hard cheeses like Manchego or aged Gouda
- A corkcreeper
- Inspiration Black Olive Tapenade
- Jar of sage olive oil
- Box of cheese crackers
- Wine bottle-shaped cutting board

Baker's Basket (presented in mixing bowl)

- Specialty mixes or quick breads from our baking side
- Ghirardelli baking chocolate
- Colored sugar and sprinkles
- Decorative icing set
- Cookie cutters
- Chopped nuts
- Measuring cups
- Oven mitt

CarnegiePlan Café's Basket

- Cookbooks with international recipes
- Selection of imported hard cheeses
- Extra virgin olive oil
- Inspiration flavored dipping oil
- Selection of condiments from the international aisle
- Selection of spices
- Nuts and peanut butter

Prize French Holiday Basket

- Handmade knotted flowers
- Edible dessert vases
- Ortolin ball
- Handmade Dog Bone Biscuits
- Lace roller
- Pot bowl

Winter Beauty Basket

- Hot Hot body scrub
- Body lotion
- Lip balm
- Body wash
- Bath oil
- Bath mitt
- Grooming mitt

Fitness Enthusiast's Basket

- Cardio
- Power bars
- Pedometer
- Fitness DVD
- Fitness drink
- Jump rope

Ice Cream Lover's Basket

- Selection of Inspiration toppings
- Marshmallow fluff
- Macadamia cherries
- Sprinkles
- Ice cream scoop
- Perfor gloves
- Long handled spoon

Merry Christmas Basket

- Hot & lemon
- Popcorn
- Assorted boxes of candy
- Merry meal garnish
- Sausage

Good Morning Basket

- Pancake mix
- Pancake batter
- Syrup and blue Muffins
- Inspiration fruit syrups
- Hot cereal
- Honey
- Coffee/tea
- Hot chocolate
- Jam and jelly

Party Quandaries?

Picking up the night spent with all party supplies doesn't have to be a matter of guesswork. Here's a shopping guide to save you time—and keep you from coming up short when the party's in full swing.

- **Paper plates:** Rinse using 15-inch plates plus one two-inch guest.
- **Cups/liquors:** Plan on each guest on, say, one 1/2-gal. bottle.



- **Prepackaged foods:** They're ready-dropped or misshapen, so place extras aside per guest.
- **Appetizers:** They typically come in bulk packages so do the math: here, Plan on guests going through four paper napkins per person, per hour.
- **Ice:** On average about a half pound is a sufficient per person depending on the type of drinks served. A two-foot water cooler meets all the needs of a three-hour event.
- **Beer:** A good rule of thumb is to allow for three quarters of a pound of ice per for 20 1/2-oz. cups.
- **Tea:** Allow one heaping teaspoon of loose tea leaves for one 1/2-oz. cup.
- **Cheese/Meats:** Budget for one half pound for every 12 servings at caterings.
- **Soft drinks:** Guests typically consume two drinks within the first hour, could be one per guest for each hour after that.
- **Wine:** A half a bottle per guest is standard.
- **Ice:** Allow about one-half gallon per hour per guest.



GOOD IDEA: SCOOP & BAKE MUFFINS]

It's never been so easy to pull a basket of glowing hot muffins on the table. Just pick up a package of our delicious **Chocolate Chip Muffins**, scoop the batter, fill your muffin pan and pop it in the oven.

For a quick breakfast try our tempting **Chocolate Chip Muffins**, **Chocolate Strawberry Muffins** or topped with juicy **Berry Muffins**, or **Cinnamon Roll Muffins** with little cinnamon strips. Or round out a satisfying winter meal of hearty soup with some hot **Corn Muffins**.

Each package makes 16 delicious muffins with no need for **Leavening** in our Bakery section.



Limited Reserve, Unlimited Value

You may know that our wines of the Month are the best you can find for under \$40. But if you haven't tasted our Limited Reserve line, you should - they're just one more way we bring you the **Unlimited** value around.

Each **Limited Reserve** wine is handcrafted by our wine experts, with many exclusive to Minnesota. It's a selection that will please just about any wine lover with real taste on labels you won't find anywhere else.

Next time you need the perfect holiday wine, a thoughtful gift, or just a great bottle to complement a meal, check the **Limited Reserve** line for something you and your guests will find truly special.

INGREDIENT INSIDE CAPS:

[illegible]

Cups are held a quarter **hat of flower** pronged, sharp edge and slightly hairy. They look like barrels, but cups are easily unopened flower buds of the tapir shoot, a perennial source in the Mediterranean.

As ingredients in many bar bang, salamis, including Franciscan-style Spanish Italian and Prosciutto, cigars are always prepared either in house or at a close-out. They are wonderful sprinkled on a green salad or mixed with a small amount of olive oil and fresh vegetables.

PAU-ROASTED PORK CHOPS WITH LEMON AND CABBAGE

● 2019 年 10 月 1 日起, 增值税一般纳税人购进国内旅客运输服务取得增值税电子普通发票的, 可凭发票上注明的税额, 从销项税额中抵扣, 抵扣税率 9%。

[illegible]

A publicly licensed nurse worked for a group
 Home Health agency.

Header: The source may be made collected letters (but it will be more useful).

4. Growth (Profit) Knowledge: All National Coal Port Groups should be "Profit" oriented.

- 4₂ 100. freshly-ground black pepper
- 4₆ 100. olive oil
- 1 large garlic clove, minced
- 4₆ 100. low sodium chicken broth
- 2 100. fresh lime juice
- 1 100. Dijon mustard
- 2 100. cream cheese and drained
- 1 100. roasted (toasted) pecans

1. Sprinkle pork chops with salt and pepper.
2. Place a large skillet over high heat. When shifter is hot, add the pork chops and at a time searing about 30 seconds between each side until meat well browned about 1-2 minutes. Turn pork chops over and cook for an additional 1 to 2 minutes.
3. Remove pork chops and leave heat in medium-high. Add garlic to pan and cook until golden about 1 minute.
4. Add chicken broth and lemon juice. Bring to a simmer and reduce until about



declared. While it is assumed, and expected (if the facts prove as history would predict), that the United States will continue to have a strong and secure

APPROXIMATE QUANTITIES, VALUES PER UNIT AND
DISCOUNTS TO CUSTOMERS ARE LISTED IN THE
TABLE AND IN THE SUPPLEMENTARY INFORMATION,
A.1 TABLE A1 AND A2.



TECHNIQUE: ROASTING GARLIC

Load my garlic machine to **Roast** and give foods that fit your diet a delicious flavor. My roasted garlic is a low calorie spread or recipe, such as our Garlic Roasted Potatoes (this page 12) and Hot Bean Soup with Roasted Garlic (page 64).

- Step 1:** Predict over a 4000p Time (Read cards) and write long on that classed are important
- Step 2:** Place cards, and write up, are a square of information that appears only 10 by 10 inches. Break each 10 by 10 down into
- Step 3:** Fold up some of information that to make a packet, leaving about an inch of space above cards below creating edges to make a seal. Place in a suiten bag or holding clip
- Step 4:** Count pack at 4000p for 10 minutes, until light brown and soft enough to be placed with a fork. Let aside to cool. Put several packs about 100 minutes. Gently remove the covers from the packaging side of the pack from time to time. Each with a fork or spoon and move in a spiral at an angle, sometimes because make from

Baker's Man

For Rob Merial, keeping home bakers well supplied is a piece of cake

BY ROBERT BALLARD PHOTOGRAPHY BY MARTIN KOOB

When the customer calls for a fancy cake, Rob Merial runs to Flourish's Bake Shop. "I know exactly what goes into those cakes, and how good they are," says Rob. "So I'm happy to have it on the page." But when it comes to whipping up-pies, tarts, and muffins in a home kitchen, it's Rob who's the pro. As Calgary Manager for Baking Supplies, Rob is in top of more than 18 kinds of products, including everything you'd expect, and more. And with more than 25 years experience, he's also an expert on what customers like best: speed, convenience, rich flavors, and—increasingly—less fat and fewer calories.

Are you able to talk to customers often?
I talk with customers in the store, but I probably interact with more customers on the Little League field than anywhere else. Everybody knows I work for Homebrand and people are not shy about coming up to me and saying things like, "Hey, I need this new [baking mix], and it's really terrible!"

What's today's big baking idea trend?
A movement toward healthier foods. Customers don't want to give up—keeping flavor and texture, but at the same time they're much more conscious of calories and determined to make better choices about what they're eating at home.

Some of the most exciting newer products are reduced-sugar frostings and cake mixes. The desserts made from these can easily be eaten twice as a healthy treat. But it's not always about taking away the bad stuff. Baking mixes are also a great vehicle for giving people to eat healthier without even knowing it. We already have various muffin mixes with fiber added purely for health benefits.

Do you take all kinds of cake?
I make everything from cakes, from mass, or better I'm known for my pie, which I always bake for family gatherings in the holidays. But I appreciate the process by using refrigerated, ready-made pie crusts. And I'll often use a creamed pie filling, but add fresh berries to enhance the flavor. For other recipes, I generally start with a mix, then I personally enhance by combining, mixing, combining fillings, or adding ingredients such as fresh fruit. It's not about the experiment. Of course, not all my experiences turn out as planned. One Thanksgiving I baked a pecan pie using a prepared filling, which I topped with fresh pecans. Unfortunately the pecans came out looking dried and cracked, more like a desert than a dessert. But it taste delicious, and my 10-year-old loved it.

What's your advice on how to turn out the perfect pie crust?

Give the refrigerated crust. There's no fail method and I'm sticking to it. There are many shortcuts you can take to produce outstanding home-baked goods without investing huge amounts of time and effort.

Do you bake with your children?

I have two sons, ages 10 and 21, and I have baked with both of them, as has my wife. With my 10-year-old, I generally take care of the measuring and the cracking of eggs, and he does the stirring—and taking the bread



Do you have any kid-friendly suggestions for parents who want to involve their child in baking?

Keep it simple. Think cookies or cup cakes. Most kids can more interested in the experience of creating something—and of spending one-on-one time with a parent—than they are in the taste of the final product. Cookies and cupcakes lend themselves well to the hands of preadolescent kids here. The individual weights allow them to see different colors and patterns of frosting spreads, mix in cream, and other ingredients. We now carry decorative icing, so that makes it easy for kids to pipe their initials or any other design they like in brightly colored icing that sets up quickly. ■

soup tomatoes. Simmer for 1 hour, covered. **2** Add garlic, onion, potatoes, celery, carrots, and leeks, bring to a boil again on a high heat, then reduce heat to medium to simmer in a simmer. Simmer covered for another 1 to 1½ hours until vegetables can be pierced with a knife.

3 Remove pork hocks and discard. Ladle mixture into a bowl and set over a large bowl. Freeze soup through until no food processor. accompany my lifestyle which has an extra points to put. Set in salt, pepper and 1 cup of the stock from and heat gently over low heat until warmed through. Serve from each bowl garnished with about 1 Tbsp of the remaining stock from and parsley sprigs of choice. May be made in advance and refrigerated for up to three days in a freezer.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
100 CALORIES 100 CARBOHYDRATES 100 FIBER
1 Tbsp 100 CALORIES 100 CARBOHYDRATES 100 FIBER
1 Tbsp 100 CALORIES 100 CARBOHYDRATES 100 FIBER

BLINDING TOPPING
SERVES 8
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES

College sophomore Colton van der Ven has been making this holiday gift for more than half his life. He judges when the coffee is done by its appearance, but presents also use a candy thermometer. Wishes the coffee were fully whole cooking — Colton expects each coffee to let the making sugar get you drunk.

- 1 cup salted butter (2 sticks)
- 1 Tbsp sugar
- 1 cup sifted almond flour
- 1 cup unsifted chocolate chips

1 Line a baking sheet with foil and grease it with butter.
2 In a deep 2 quart saucepan, melt butter and sugar together over medium heat. Stir constantly. The oil from the butter will usually separate out from the sugar. After 4 to 5 minutes the mixture should start to come together, and the color will be white. At

this point, add ½ cup of the almonds. Cook over medium and stirring until mixture is fully crystallized and beginning to turn a pale, golden brown. Turn heat to a simmer. Cook until mixture will continue to darken as a result, about 3 minutes. If you're using a candy thermometer, the temperature should measure 300°F.

3 Pour coffee onto prepared pan. The pan should be that coffee spreads as much as possible, then use a fork to spread it further. It should be as thin as possible but not too thin.

4 Let sit for a few minutes to allow it to set, but not so long as to lose its shape. Sprinkle the top with chocolate chips and spread them over surface as they begin to melt. Spread mixture further, if needed, with chocolate. Sprinkle remaining ½ cup almonds on top. Let cool at room temperature until chocolate hardens, about 4 to 6 hours or overnight.

5 When chocolate is set, break coffee into bite size pieces. Store refrigerated in an airtight container. To give a gift, package in decorative plastic bags.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
100 CALORIES 100 CARBOHYDRATES 100 FIBER
100 CALORIES 100 CARBOHYDRATES 100 FIBER
100 CALORIES 100 CARBOHYDRATES 100 FIBER

Holiday Sharing

For Dave Adams, during the holiday season, the best love between you enough love and too much in a key to cooking success. As a young boy, Scott on cooking tips, he learned the value of spices when he tried to make carrot loaf. But he also learned that too much can overwhelm natural flavor.

DAVE ADAMS



"Today Dave is the Assistant, Main Chef, after a few weeks in other roles. And the way Dave sees it, cooking should be fun. "Cooking is a journey that, if you're lucky, never ends," he says. "It's just how life steps of life on the way."

Dave says the holiday season is a great time to pick up a new type or cut of meat, and make it your own. He recommends that if you're looking for something new and old, something in the Main department for advice. "They have a wealth of knowledge and love to share it," he says.

For Dave, cooking during the holidays means one thing — lots of love. "It's a dish that warms the whole house," he says. He believes cooking for others is a wonderful way to give to the heart. "That's the gift I like to give: a customized meal. Much more than a gift card, it says 'I know you and what you like.'"

FOOD LOWERS' FAVORITES

GARLIC-ROSEMARY ROASTED PRIME RIB

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 4 HOURS INCLUDING GARLIC ROASTING AND COOKING TIMES

The holidays are usually a tightly scheduled time of year, so Dave sometimes prepares this holiday prime rib using half of a 3- or 4-pound "loin of tripesteak." Cigar ribs instead of the round garlic, and necessary to cut down on time. The recipe may be doubled or halved. For a holiday feast, Dave allows 1/4 lb. of meat per person, and for regular meals, 1/4 lb. per person. Use meat with or

without the ribs. Dave prefers the ribs, but as there are not enough for us people, he saves them for leftovers. "The funniest thing the chef" he says, "is I got to eat them."

Notes: A Flavored butter will be able to cook over itself and to your oil-meat. Some or more oil is available mostly during the holidays on one, while butter is available year-round.

- 1 whole medium size half-gal (about 1/2 pound) round
- 1/4 cup olive oil, divided
- 1 1/2 lbs. (1/2 pound) or 1 1/2 lbs. (1/2 pound) prime rib meat, round, medium, and fat
- 1 large sweet or fathead onion, sliced into rings

- 1 cup chopped fresh rosemary leaves or 2 Tbsp. dried
- 1/2 tsp. salt or to taste
- 1/2 tsp. freshly ground black pepper (or to taste)
- 1/2 cup and wine or beer (optional) (optional)
- 1/2 cup extra style balsamic vinegar (optional)

- 1 Preheat oven to 400°F. Roast garlic according to technique instructions on page 8.
- 2 Remove meat from fridge 30 minutes before cooking to allow it to come closer to room temperature. Place round onion on bottom of a half-walnut roasting pan. Lower oven to 325°F.
- 3 When cool enough to touch, squeeze roasted garlic from each clove into a bowl. Discard skins. Mix garlic with remaining olive oil, necessary salt, and pepper (Garlic mixture may be made one day in advance.) Slather garlic mixture all over meat.
- 4 Place meat fat side up on top of onion in pan.
- 5 Bake at 325°F for 1 hour, 15 minutes. Test for doneness. Rare meat is ready when an instant-read thermometer reads 140°F. For medium rare, temperature should be 150°F, well done is 155°F.
- 6 Remove meat to a cutting board. Let it rest for 12 to 15 minutes, covered with foil. Remove onion to a small bowl. Discard if they are very dark, otherwise, serve to serve with the meat. Place roasting pan on stove top and deglaze with wine or broth over low heat, stirring to scrape up any browned-on bits from bottom of pan. Pour pan juices into a small pitcher to serve the meat as jus.
- 7 To serve, cut strings. If meat was cooked with ribs, remove ribs to save for leftovers. Bring cutting board to the table and carve prime rib to order. Serve onion, pan juices and balsamic vinegar on the side. Leftovers may be frozen.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 600 CALORIES, 10 CARBOHYDRATES, 40g PROTEIN, 20g FAT AND SATURATED FAT, 10mg CHOLESTEROL, 100mg SODIUM. 70 PERCENT.

Have a favorite recipe? Please share it! You could be featured in Food Lovers' Favorites! Just email foodlovers@earthlink.net tomorrow or soon.



Holiday Break, Italian Style

Take your kids on a quick tour of Italy with this classic meal

BY DEBBIE MALONEY PHOTOGRAPHY BY BECKY LUCARELLI STAMER

The holiday season is a great time to involve children in preparing delicious seasonal dishes. Cooking and baking focus excited minds on an activity that doesn't involve screen time, and your children can enjoy an introduction to the rich history and geography behind the season. This traditionally warm, creamy, delicious of a classic Italian meal, transformed for today's busy families.

The appetizer comes from the Emilia Romagna region in Northern Italy, known for prosciutto—a special cured ham—and Parmesan cheese. The Prosciutto Parmesan Gnocchi (also known as tortiglioni) combine these delicious in a simple way that

introduces children to the fun of working with puff pastry, which takes up dramatically.

For our recipe, we head west to Flair, since in January for Spanish stuffed pasta shells. The filling for this traditional dish is made with three kinds of cheese, and kids can learn the technique of stuffing shells. Tortiglioni come from around the year 1800, but we'll show you a simple technique for making up the paired version.

The tour concludes with a holiday take on lasagna, and we have been around in Flair. The cooked, developed, creamy egg, was originally dry crisp and garlicky, intended to serve as a base for vegetables. Add an American flourish with dried and mushrooms, paired with giant prosciutto, to

celebrate the season's spirit. Add more and delicious on their own, the lasagna becomes even more when dipped in cheese.

Be sure to take your (stuffed) glasses when serving the meal and toast the young chefs with "Mangia bene! Ben well!"

PROSCIUTTO-PARMESAN GNOCCHI

YIELD: 16 ENOUGH FOR

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 1 HOUR, 10 MINUTES (INCLUDES

THAWING AND COOLING TIME)

Gnocchi are long, thin, ridged pasta. These appetizers are perfect for any party to put together using frozen puff pastry.

NOTE: To serve frozen puff pastry, let it sit at room temperature, covered with plastic, for 30 minutes.

What Kids Can Do

Line baking sheets and rolling surface with parchment paper.

- Sprinkle cheese on puff pastry. Wrap prosciutto around gnocchi.

1. Cut 3 or 4 large frozen puff pastry sheets (3 sheets) thawed.
2. Lay half in kitchen.
3. Cut 10 or 12 small frozen Parmesan Prosciutto cheese.
4. Cut slices (1/2 inch thick) of long cylinder* Prosciutto on Parmesan, cut out to 1/2 inch wide.

5. Preheat oven to 400°F. Line two baking sheets with parchment paper.
6. Sprinkle a large cutting surface with flour. Place puff pastry sheet on top of prepared surface, carefully unfold it necessary and roll sheet into a 9- or 10-inch square of needed. Brush surface with frozen egg and top with shredded Parmesan, lightly

PROSCIUTTO-PARMESAN GNOCCHI





pressing them into puffy dough. Can use 15 strips; can square in half then cut each half in half lengthwise, separating until you have 16 strips. Place strips about a half inch apart on baking sheet. Bake for 15 minutes, until protein is light golden brown. Transfer protein to cooling rack and cool for 15 minutes. (Only be prepared to advance up to this point. There is flour in an unglazed cinnamon roll so moving back is NOT for 3 minutes for room temperature or 10 minutes for frozen.)

2. Starting at one end of each grassy strip, a piece of paracord around the neck around the other end. Never immediately

Verfahren: Minimum der prozentualen und nicht
 Prozentuale Werte in der standardisierten

ABSTRACT: A HYDROLYZABLE POLYURETHANE, POLYURETHANE-ACRYLATE, AND POLYURETHANE-ACRYLATE-ACRYLAMIDE COPOLYMERS WERE SYNTHESIZED BY INTERFACIAL POLYCONDENSATION OF 4,4'-DIISOCYANODIPHENYL ETHER DIISOCYANATE, 4,4'-DIISOCYANODIPHENYL ETHER DIISOCYANATE, AND 4,4'-DIISOCYANODIPHENYL ETHER DIISOCYANATE WITH 1,3-BIS(2-HYDROXYETHYL)UREA, 2-HYDROXYETHYL ACRYLATE, AND 2-HYDROXYETHYL ACRYLAMIDE.

STAFF DO SKILLS FLOPPING FROM TECHNICAL TO BUSINESS SILENT

[illegible]

This sauce can be prepared up to two days in advance and stored refrigerated until ready to use. Shells may be frozen and reheated directly from the freezer at 350°F for 30 to 40 minutes.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

- **Max filling**
- **Flow filling in shells**

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- 1 Turn shirt on
- 2 Fit to fit (if snug, adjust shoulders)
- 3 Lay top 20-30% of shirt over waist or waist & leave both ends
- 4 Lay 5-10% of shirt over shoulders

4. How (possibly) unusual is this behavior, or the leader?

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- [illegible]

1 Prepare sauce: Heat oil in a large nonstick sautépan over medium heat. Add dried mushrooms and cook for 8 to 10 minutes. Mushrooms will begin to shrivel and give off their water.

E Add marinade sauce, diced tomatoes, parsley and pepper, and stir well. Lower heat, cover pan, and simmer for 15 to 20 minutes, stirring occasionally. Sauce should be slightly thick. Remove from heat.

2. In a large stockpot, heat 1 gallon water over high heat and boiling. When water boils, sprinkle with 4 tsp salt. Add pasta, shells and cook in boiling water about 10 minutes — they should be slightly firm. Drain water, toss with 2 tsp olive oil and 1/2 tsp salt. Return to pot and add 1/2 cup of the sauce. Stir well. Add 1/2 cup of the sauce and 1/2 cup of the cheese. Stir well. Add 1/2 cup of the sauce and 1/2 cup of the cheese. Stir well. Add 1/2 cup of the sauce and 1/2 cup of the cheese. Stir well.

1. While water heats, prepare filling. Put 1/2 cup of a more plastic stew or large bowl frozen, down on it with a large spoon to separate into rows, liquid (the keeps filling from becoming watery). Discard standard liquid and place spoon on bowl. Add ricotta, eggs, 1/2 cup of the Parmesan cheese. Season with a mixture of pepper and salt. Stir with a wooden spoon until well combined. Refrigerate while pasta boils, about 30 to 40 minutes.
2. Preheat oven to 375°F. Spray a 9-by-13-inch baking pan with vegetable cooking spray. Ladle 1 cup sauce over bottom of pan.
3. Remove cheese filling from refrigerator. Use a spoon to scoop a generous tablespoon of filling into each shell. (As you work, place filled shells in a shallow dish on an oven

2 Layle remaining sauce over shells, then top with remaining ½ cup Parmigiano cheese. Cover pan with foil and bake at 350°F for 30 minutes. Remove foil.

APPROXIMATE PORTION SIZE: 1/2 POUND SERVING
140 CALORIES 140 CARBOHYDRATE 10g PROTEIN
4.0g FAT 100 MILLIGRAMS 120mg CHOLESTEROL
FIBRE 100% 10g 100%

CHOCOLATE-DIPPED CRANBERRY PISTACHIO BISCUITS

YIELD: ABOUT 100 BISCUITS
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 1 HOUR, 45 MINUTES

These Italian cookies are delicious plain or dipped in chocolate, and can also be frozen.

What's Cookin' Can Do

- Whisk eggs with creamers
- Place sheet on baking sheet
- Dip cookies into chocolate

1. 1 cup flour
- 1 ½ cup baking powder
- 1 cup oil
- 1 cup (1 ½ cup) whipped butter at room temperature
- 1 cup sugar
- 2 eggs
- 2 cups honey
- 1 cup pure vanilla extract
- 1 cup orange and lemon zest
- 1 cup (2 to 1) sifted pistachio
- 1 to 1 ½ cup dried cranberries (about 1 cup)
- 1 to 1 ½ cup white chocolate chips (about 1 cup)
- 1 to 1 ½ cup chocolate chips (about 1 cup)

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper.
2. In a medium bowl, blend flour with baking powder and salt and set aside.
3. In a large bowl, use an electric mixer on medium to cream butter until light and fluffy about 2 minutes. Scrape down bowl and add sugar, eggs and blend. Add eggs, honey, vanilla, and orange and lemon, and blend well about 1 minute.
4. Fold in flour mixture in two additions using a rubber spatula. Mix until all flour

is incorporated. Add pistachios and cranberries and mix until distributed throughout batter. Batter will be soft.

5 Place batter into center of prepared baking sheet and pat into a ball, measuring about 3 inches wide by 1 ½ inches long. Bake at 350°F for 25 to 30 minutes. Cool should feel firm and top should be dry. Let cool should not have top on bottom. Remove from oven, place on a cooling rack, and cool for 15 minutes.

6 Using a wetted kitchen towel, diagonally slice loaf into 4-inch wide sheets using a sawing motion. Lay each slice on baking sheet. Place on a light wire rack, one sheet per 5 minutes, then flip each cookie and bake for another 3 minutes. Cookies should be firm and dry. Remove from oven and place on a cooling rack. Allow to cool completely about 30 minutes.

7 Weigh parchment paper into a zip-closure bag. Line a second baking sheet with parchment paper. Place whole chocolate

chips in a medium pan on a stovetop burner and cook on high power for 1 minute. Remove and use until all pieces are melted. If many are still unmelted, return to microwave for 30 more seconds and stir again until melted. Dip each with parchment-covered chips in a separate bowl.

8 Brush every cranberry from surface of bag with chocolate. Hold each cookie by one end and dip halfway in water when or about chocolate. Place dipped cookies on baking sheet. Keep one sheet for white and one for dark. Let chocolate harden at room temperature about 4 to 5 hours. Store in an airtight container at room temperature or in freezer.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (CRANBERRIES AND CHOCOLATE CHIPS): 100 CALORIES 10g CARBOHYDRATE 100g CHOLESTEROL, 100g SODIUM 10g FIBRE

Food writer Debbie Melroy is based in New Hampshire.



From party fare to everyday meals,
your **slow cooker** makes it easy

slow down *for the holidays*



When the holidays arrive, your trusty slow cooker can be your best friend in the kitchen. Add some savvy planning and shopping to the mix, and you've got yourself a party — especially since the meal can be popped hours before the actual event.

Slow-cooked foods are wonderfully aromatic and tasty. Slow cookers are buffet table-ready, and they line up burners on the stove top. Plus, they make the house smell cozy and inviting. Use the slow cooker for your entree and hand over to your nearest Harrods for some tasty — and quick — appetizers and side dishes. Try this time-saving strategy for busy-day family meals as well as relaxed informal entertaining during the hectic holidays. And slow down.

by Kimberly Mayone
Illustrated by Frances Janisch



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Adorn your holiday buffet with items from our Floral department and give a nod to this flower's native country: Mexico by serving *Chapote Mole*. *Chapote* (also known as *chapulin*) is a richly seasoned sauce that includes poblano pepper, chiles, chili peppers, and onion. The finished dish is served with garnishes that can be prepared and set out in the last minute hour: tomato, pumpkin seeds, tomatoes and chopped cilantro. Serve with a black bean salad from our Deli department-style tomato, chiles, an assortment of fresh cheese slices, and guacamole.

*Wrap up your savory menu with a sweet ending by purchasing bakery-made sugar cookies that can be paired with bags of hot chocolate spread milk. *Kidzies*, topped with whipped cream and ground cinnamon.

The bright flavors of Middle Eastern cooking are also welcome party fare. Start with *Bevran* (homemade hummus), a blend of roasted beans and ground hot roasted chili peppers and meat finished in a sweet and sour pomegranate sauce. *Aravan*, our cucumber salad, and a meat platter of hummus, tabbouleh, *buliy* (meat shawarma) and pita chips (see page 73 for a homemade version) complete the menu. For a super-easy dessert, offer your guests dried fruit and nuts: honey-roast baklava and nut mix. Decorate the table with whole pomegranates, oranges and red-to-shell nuts.

Another popular party menu feature: *Alto-Briard, Broken de Cacao*, Sandwiches. These succulent sandwiches include ten delicious, subtly spiced meats and creamy pomegranate cranberries. *Two together is a duo.*

Just one of all the ways to get the taste. A look at *Insipitum®* Chocolate Sampler from the Bakery completes the meal.

As we head into the holidays, make a break from today's hectic pace. Invite your slow cooker to the table. You'll be rewarded with more time to enjoy your guests — and your party.

ALU-BRAISED BRISKET & ONION SANDWICHES

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 4 HOURS-40 MINUTES

Take a slice of smoky slow-cooked brisket and sandwich it in a roll with sautéed onion and gorgonzola crumbles. Everything is

SWEET & SIFTY ALMONDS

SERVES 10 (10 COOKIES) 10 MINUTES
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES
INGREDIENTS: 100g (4oz) almonds

Coating almonds with a sticky glaze is a popular holiday treat. It's a simple, sweet treat that can be made in a flash, dried and stored in an airtight container. It's a great gift, too, as it's easy to make and store.

Notes: While you can use any variety of almonds, we recommend using almonds.

1. Preheat oven to 350°F. Place almonds in a bowl.
2. In a small bowl, mix together 1/2 cup of sugar, 1/4 cup of oil, and 1/4 cup of vanilla extract.
3. Dip almonds in the mixture and place on a baking sheet.
4. Bake for 10 minutes.

5. Let almonds cool on a wire rack.
6. In a small bowl, mix together 1/2 cup of sugar, 1/4 cup of oil, and 1/4 cup of vanilla extract.
7. Dip almonds in the mixture and place on a baking sheet.
8. Bake for 10 minutes.

Preheat oven to 350°F. Place almonds in a bowl.

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2. In a small bowl, mix together 1/2 cup of sugar, 1/4 cup of oil, and 1/4 cup of vanilla extract.

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4. Bake for 10 minutes.

5. Let almonds cool on a wire rack.

6. In a small bowl, mix together 1/2 cup of sugar, 1/4 cup of oil, and 1/4 cup of vanilla extract.

7. Dip almonds in the mixture and place on a baking sheet.

8. Bake for 10 minutes.





perched around, so eat it out for your guests in back and enjoy the party.

Note: Mole, even to the prepared homemade, which is plain ground horseradish in vinegar and not horseradish sauce, which can be made with mayonnaise or sour cream.

1. **Thsp. Minced Garlic**
1. **Large sweet onion, halved and thinly sliced**
2. **Water level (optional)**
1. **1/2 or 1 bottle, only if**
1. **1/2 cup prepared horseradish**
2. **1/2 cup minced garlic**
2. **1/2 cup dry mustard**
2. **Thsp. molasses**
2. **1/2 cup garlic**
1. **1/2 cup hot sauce**
1. **1/2 cup Worcestershire sauce**
1. **1/2 cup freshly ground black pepper**
1. **1/2 cup hot sauce**
1. **1/2 cup hot sauce**

1. **1/2 cup minced garlic**

1. **1/2 cup minced horseradish**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

sauce and place in a greasy, hot

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

CHICKEN MOLE

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

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1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

1. **1/2 cup minced garlic**

HIGH, LOW, WARM?

1. **1/2 cup minced garlic**

The flavor of pomegranate sauce is a perfect match for the Persian-inspired meatballs.



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(pork) meatballs with spinach and carrots

A Festival of Lights and Latkes

Special vegetable pancakes are a delicious tradition

By [David Green](#)
Photographs by [Thomas](#)

One of the most widely practiced Jewish religious observances is the celebration of the celebration of Hanukkah, the Festival of Lights, that is celebrated from the 8th to the 25th of the Jewish month of Kislev.

For the Jewish people, Hanukkah is a time of great joy and celebration. It is a time when the Jewish people are reminded of their history and their traditions.

Hanukkah is a time when the Jewish people are reminded of their history and their traditions. It is a time when the Jewish people are reminded of their history and their traditions.

The story of Hanukkah is a story of a small group of Jewish people who stood up to a powerful empire and won. It is a story of a small group of Jewish people who stood up to a powerful empire and won.

when the Jews celebrated the Temple and went to light the menorah oil lamp. There was only enough sanctified oil for one day — yet the oil burned for a full eight days. So Hanukkah, also called the Festival of Lights, is celebrated for eight days. Jews light one candle for each day in a special eight-branched menorah. They also commemorate the miracle by eating latkes (kne-dels) or oil.

Today we know that deep-frying can be fattening as well as time consuming. In the interest of health and convenience, we use a new technique for making latkes with a small amount of oil. This method offers the benefit of much less fat per pancake, and you can prepare more than two dozen in a mere instant of smoking over a skillet cooking several batches at a time or five.

We opted for a touch of creativity in our traditional potato latkes, adding spinach and fresh herbs with their health benefits of iron and antioxidants. An optional addition of cream cheese adds creaminess. For a different take, we combined the flavors of berries, goat cheese, and walnuts as a

delicious under-eggery. Cook by pan-fry. The undercooked, gooey middle is a sweet flavorful latke that goes well with meat dishes. And inspired by the Mediterranean, lovers of ancient breads, we added chopped olives and green olives to achieve a mediterranean latke.

Any of these vegetable latkes makes a great side dish for meat or fish. But at Hanukkah, they can be the centerpiece of a modest meal. Offer the meal served on the first night of Hanukkah as a vegetarian dairy meal — eat or do with less and a dairy topping. Offer a medley of potatoes serve with a salad, and enjoy.

BEET-WALNUT LATKES WITH GOAT CHEESE

YIELD: ABOUT 10 HANUKKAH

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

Beets provide a sweet, earthy flavor that perfectly balances with creamy, tangy goat

TOP IT OFF

Traditional toppings for latkes are sour cream and applesauce. Plain yogurt topped with fruit is a healthy, or a fruit-style thickened yogurt is especially nice. With fewer calories than traditional sour cream, Skyr yogurt (Greek-style yogurt) has more acid than most milk yogurts, so it mixes together better with latkes. Try a 1/2 cup of a healthy yogurt (topping to go) or use up last year's (or fresh-style) yogurt with any of the following:

- 1/2 cup plain yogurt
- 2 tablespoons, fresh lemon
- 1/2 cup chopped dates
- 1/2 cup, Tasty Taste of Inspiration® Sundae Sauce, Raspberry
- 1/2 cup fresh olives (brined) Salted Seafood
- 1/2 cup, fresh figs
- 1/2 cup, fresh fruit salad (apples)
- 1/2 cup, fresh walnuts

cheese and walnuts. Serve on top of a spinach salad, or with baked salmon and sautéed Swiss chard or fresh greens. These latkes also may be made without the goat cheese and served with a meat meal. They may be frozen in an airtight container.

Other oil-cooking spray

1. Top: vegetable oil
2. 1/2 cup, fresh, ground and finely shredded (about 4 1/2 cups)
2. Large carrots: peeled and finely shredded (about 1 cup)
- 1/2 cup, fresh frozen berries or 1/2 cup dried
- 1/2 cup, salt
- 1/2 cup, ground lemon and
1. Top: fresh lemon juice
2. eggs, beaten
- 1 cup ground walnuts
- 1/2 cup, goat cheese (top latkes)

1. Preheat oven to 425°F. Line two baking sheets with foil and spray with cooking spray. Then grease each pan with oil.

2. In a large mixing bowl, combine beets and carrots and use a food processor to chop or blend. Add eggs and mix well. Stir in walnuts.



3. Crumble pea mixture: If using, mix in last minutes. Use a shallow spatula or large spoon to hold in very gently on crumblers of cheese mixture.

4. Use a soup spoon to scoop a heaping amount (about 3 Tbsp.) of pea mixture for each link: Place scoops on prepared baking sheets and press each into a flat pancake shape with the back of a spatula. Linkies can be close together — about ½ inch apart — as they will not spread during cooking.

5. Bake linkies: two sheets at a time for 15 minutes at 425°F. After 15 minutes remove pans from oven. Spray top of each linkie with olive oil cooking spray. Turn tops over. Return pans to oven and bake an additional 12 to 15 minutes until linkies are brown around edges and on top. This is a little difficult to tell because linkies are dark, but tops should be done and a light crisp. Serve warm. Linkies may be made in advance and refrigerated or frozen. Bake at 380°F until warm, about 18 minutes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (CALORIES IN CARBOHYDRATES, PROTEIN, FAT AND CAROTENIN, DIETARY FIBER, SODIUM, TOTAL SUGAR, TOTAL FAT)

HERBED SPINACH-POLENTA-LINKIES

YIELD: ABOUT 20 LINKIES

ACTIVE TIME: 45 MINUTES

NOTE: THIS RECIPE IS ADAPTED

Pasta linkies are the traditional vegetable pancake served for Hanukkah. Adding spinach to this mix introduces both a dark green flavor and loads of vitamins. Because cheese adds a touch of creaminess, but the linkies are also delicious without it. The dairy-free version goes well with ketchup.

OLIVE OIL COOKING SPRAY

1. Tbsp. vegetable oil
1. Mince 1 large frozen chopped spinach, drained
1. In a medium pot, sauté onion and finely ground beef (or 2 cups)
1. Large round skillet, lightly oiled
1. Hot oil

1. Top lightly ground beef patty
1. Top: chopped spinach
1. Top: minced fresh spinach & top, dried
1. Top: minced fresh shrimp (optional)
1. Eggs, lightly beaten
1. Top: parmesan cheese (optional)

1. Preheat oven to 425°F. Line two baking sheets with foil and spray with cooking spray; then grease each pan with veg. stable oil.

2. Put half the drained spinach in a bowl and use the back of a large spoon to press out excess liquid. Place drained spinach in a large bowl. Top with remaining spinach. Add ground polenta and mix to blend and use a fork to mix well. Then add salt, pepper, parmesan, eggs, and cheese if using. Mix well.

3. Add eggs and mix thoroughly. Add mixture, cheese if using, and mix well to distribute.

4. Use a soup spoon to scoop a heaping amount (about 3 Tbsp.) of pea-mixture mixture for each linkie. Place scoops on prepared baking sheets and press each into a flat, pancake shape with the back of a spatula. Linkies can be close together — about ½ inch apart — as they will not spread during cooking.

5. Bake linkies: two sheets at a time for 15 minutes at 425°F. After 15 minutes, remove pans from oven. Spray top of each linkie with olive oil cooking spray. Turn tops over. Return pans to oven and bake an additional 12 to 15 minutes until linkies are brown around edges and on top. Serve warm. Linkies may be made in advance and refrigerated. Bake at 380°F until warm, about 18 minutes.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (CALORIES IN CARBOHYDRATES, PROTEIN, FAT AND CAROTENIN, DIETARY FIBER, SODIUM, TOTAL SUGAR, TOTAL FAT)



PHOTOGRAPH BY JEFFREY M. HARRIS

With olives, tomatoes, and zucchini, these latkes bring the flavor of the Mediterranean to your table.



OLIVE AND ZUCCHINI LATKES

*Swankier cousins of your favorite pie,
these fine tarts are easy and impressive*

Upper CRUST



WHETHER IT'S a family dinner, holiday party or festive tea, crust-deliciousness rules the season. Pies are especially popular at this time of year, but for special entertaining, why not add some elegance? These impressive tarts come with a hidden bonus — they are saving pie-in, no need to roll crust.

Other than the crust, the primary difference between traditional pies is the baking pan — a tart pan has undipped vertical sides rather than flared, sides and a removable bottom. Although these recipes may be made using a 9-inch pie pan as well (see sidebar on page 30), these tarts don't usually have a top crust, and the filling is a little less than that of a pie — these are not deep-dish desserts.

Press-in crusts produce beautiful results in minutes. Here we use three kinds: One is a crumb crust made from ground cookies or crackers and the second is a tender crusts cheese-based crust. The third is a buttery shortbread crust that works for pies as well as tarts. Once the dough for each crust is mixed, it's ready to be pressed into its pan. With no rolling, no need to worry about dough sticking to a surface or tearing, when transferred to the pan disappears. But do press these crusts evenly into the pan, avoid any slack or thin spots. Press-in crusts are not flaky, they're tender, custard-like and delicious. You can use them for a baked tart, such as our Maple Plumbers Tart, or prebake

By Eleanor Kirsans
Cocoa-Licious by Becky Luggart-Stayner



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them and use for a chilled filling, as in the Cranberry Orange Mincemeat Cream Tart. When you can easily vary the flavoring to match the filling — by adding a bit of cinnamon or citrus zest, for example (see sidebar on page 120).

Our Mini Backyard Fudge Tart has a creamy chocolate crust. While less crumbly, this crust also can be pressed into mini tarts (see here) to create a quick dessert.

Chocolate crusts produce a crisp, buttery result. You can use store-bought cookies (Ginger snaps, butter cookies, graham crackers, and chocolate or vanilla sand-wich cookies are good options for crushing into crumbs). Chocolate sandwich cookies provide the base for my lovely Chocolate Peppermint Truffle Tart.

Some of these crusts are partially or completely baked before they're filled. This is called baking a crust "blind." The prebaking prevents the crust from shrinking, the filling and becoming soggy, and it toasts the bottom of the crust — or, in the case of a crumb crust, allows it to be crumb firm and crisp before filling is added.

The beauty of piecrust variations these varieties. We also have recipes here, but any of these crusts can be used as a perfect shell for easy fillings, such as lactose pudding topped with fresh fruit. Or try reformatted ice cream with a crumb crust — it can be made ahead and drizzled with a rich Tiramisu-inspired[®] sauce.

Whatever crust and filling combinations you use, you'll be sure to delight family and friends with these sophisticated but easy desserts.

PICK A PAIR

Tart pans come in various sizes, usually about 8 or 10 inches. They have removable bottoms and sloped sides, which make for an elegant presentation when you remove the tart from the pan. However, all these recipes can be made in a standard 9-inch pie pan — just don't remove the tart from the pan when you serve it. You can also use a 9-inch springform pan (the kind used for chocolate and cream tarts) just by locking the side of the pan.

CHOCOLATE PEPPERMINT TRUFFLE TART WITH CHOCOLATE CRUMB CRUST

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 2 HOURS, 40 MINUTES

INCLUDES CHILLING TIME

Nothing could be simpler or more elegant than this tart with its chocolate crumb crust and truffle filling. And it's variation-friendly — substitute milk or white chocolate for the dark, or use other nuttiness instead of peppermints — almond, orange, coffee.

The tart is also very rich, so keep your ingredients. It may be better slightly overiced than because the refrigerator goes so wrong.

Note: To make small crumbs from the chocolate wafers, crush the cookies in a food processor or blender. Alternatively, place the cookies in

a resealable plastic bag and crush into crumbs with a rolling pin or the smooth side of a meat tenderizer.

Chocolate Crumb Crust

- 1/2 cup chocolate water cookie crumbs (about 40 cookies from an 8-inch bag)
- 3 Tablespoon sugar
- 1/4 cup (2 1/2 sticks) melted butter, melted

Chocolate Truffle Filling

- 1/4 cup heavy cream
- 3 Tablespoon melted butter and 1/2 cup
- 1/2 cup (unmelted) chocolate chips or chopped semisweet chocolate (about 2 1/2 cups)
- 1/4 cup peppermint extract (Fresh mint leaves for garnish [optional])

- 1 Preheat oven to 325°F. Bake for a 6-inch pie pan or a 9- to 10-inch tart pan with a removable bottom.



2. Pre-heat oven to a medium heat, in a large bowl combine crumbs, sugar and melted butter. Transfer crumbs to prepared pan. With clean dry hands, press crumbs smoothly and evenly onto bottom and sides of pan. Chill for 10 minutes this will help keep crumb firm, then bake at 325°F for 5 minutes. Let cool for 20 minutes before filling.

3 Prepare a milk filling. In a medium saucepan over low heat, heat cream and butter; add maple, vanilla, and cinnamon to your liking — much carefully to make sure it doesn't burn. Turn off heat, and add chocolate. Let sit for 1 to 2 minutes to melt chocolate; then whisk and smooth. Whisk in cream cheese mixture.

4. Scoop chocolate mixture into prepared crust and smooth on edges. Refrigerate until firm, about 1 hour. To serve, carefully slide a small knife around edge of crust to loosen it. If you used a pie pan with nonstick-side, remove whole cake and transfer to a serving plate. If you used a pie pan, slice directly from pan. Garnish with fresh mint leaves if desired. Use a sharp knife to cut slices. You can prepare this tart up to two days ahead of time. Store in refrigerator and serve chilled.

APPROXIMATE HISTORICAL PREVALENCE AND AGE-RELATED INCIDENCE/DEATHS IN PROTEIN-ENERGY-DEFICIENT INFANTS: WORLDWIDE, 1960-1980

MINI-STORY PROGRAM TARGETS THE JUNIOR AND SENIOR CLASS

[illegible]

Abstract

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These versatile male ferns are great for a seasonal (or, in some, per-annum) landscape. They're a family you can't fill a pot and give as gifts. And it's not easy talk to take on — the botanical name *Adiantum* comes from an old Greek word for "shield" and was the quickly named with an electric motor. The design and filling in products can be devoted to make 30 ferns. They may be made ahead of time — better in an airtight container than those of some succulent plants to prevent.



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1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

1. deep-fry (high-temperature) butter at room temperature
2. fry at 1 deep cream-cream-chilled
3. use all microwave (low) oil

| | 1980 | 1981 | 1982 | 1983 | 1984 | 1985 | 1986 | 1987 | 1988 | 1989 | 1990 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 | 2030 | 2031 | 2032 | 2033 | 2034 | 2035 | 2036 | 2037 | 2038 | 2039 | 2040 | 2041 | 2042 | 2043 | 2044 | 2045 | 2046 | 2047 | 2048 | 2049 | 2050 | 2051 | 2052 | 2053 | 2054 | 2055 | 2056 | 2057 | 2058 | 2059 | 2060 | 2061 | 2062 | 2063 | 2064 | 2065 | 2066 | 2067 | 2068 | 2069 | 2070 | 2071 | 2072 | 2073 | 2074 | 2075 | 2076 | 2077 | 2078 | 2079 | 2080 | 2081 | 2082 | 2083 | 2084 | 2085 | 2086 | 2087 | 2088 | 2089 | 2090 | 2091 | 2092 | 2093 | 2094 | 2095 | 2096 | 2097 | 2098 | 2099 | 2100 | 2101 | 2102 | 2103 | 2104 | 2105 | 2106 | 2107 | 2108 | 2109 | 2110 | 2111 | 2112 | 2113 | 2114 | 2115 | 2116 | 2117 | 2118 | 2119 | 2120 | 2121 | 2122 | 2123 | 2124 | 2125 | 2126 | 2127 | 2128 | 2129 | 2130 | 2131 | 2132 | 2133 | 2134 | 2135 | 2136 | 2137 | 2138 | 2139 | 2140 | 2141 | 2142 | 2143 | 2144 | 2145 | 2146 | 2147 | 2148 | 2149 | 2150 | 2151 | 2152 | 2153 | 2154 | 2155 | 2156 | 2157 | 2158 | 2159 | 2160 | 2161 | 2162 | 2163 | 2164 | 2165 | 2166 | 2167 | 2168 | 2169 | 2170 | 2171 | 2172 | 2173 | 2174 | 2175 | 2176 | 2177 | 2178 | 2179 | 2180 | 2181 | 2182 | 2183 | 2184 | 2185 | 2186 | 2187 | 2188 | 2189 | 2190 | 2191 | 2192 | 2193 | 2194 | 2195 | 2196 | 2197 | 2198 | 2199 | 2200 | 2201 | 2202 | 2203 | 2204 | 2205 | 2206 | 2207 | 2208 | 2209 | 2210 | 2211 | 2212 | 2213 | 2214 | 2215 | 2216 | 2217 | 2218 | 2219 | 2220 | 2221 | 2222 | 2223 | 2224 | 2225 | 2226 | 2227 | 2228 | 2229 | 2230 | 2231 | 2232 | 2233 | 2234 | 2235 | 2236 | 2237 | 2238 | 2239 | 2240 | 2241 | 2242 | 2243 | 2244 | 2245 | 2246 | 2247 | 2248 | 2249 | 2250 | 2251 | 2252 | 2253 | 2254 | 2255 | 2256 | 2257 | 2258 | 2259 | 2260 | 2261 | 2262 | 2263 | 2264 | 2265 | 2266 | 2267 | 2268 | 2269 | 2270 | 2271 | 2272 | 2273 | 2274 | 2275 | 2276 | 2277 | 2278 | 2279 | 2280 | 2281 | 2282 | 2283 | 2284 | 2285 | 2286 | 2287 | 2288 | 2289 | 2290 | 2291 | 2292 | 2293 | 2294 | 2295 | 2296 | 2297 | 2298 | 2299 | 2300 | 2301 | 2302 | 2303 | 2304 | 2305 | 2306 | 2307 | 2308 | 2309 | 2310 | 2311 | 2312 | 2313 | 2314 | 2315 | 2316 | 2317 | 2318 | 2319 | 2320 | 2321 | 2322 | 2323 | 2324 | 2325 | 2326 | 2327 | 2328 | 2329 | 2330 | 2331 | 2332 | 2333 | 2334 | 2335 | 2336 | 2337 | 2338 | 2339 | 2340 | 2341 | 2342 | 2343 | 2344 | 2345 | 2346 | 2347 | 2348 | 2349 | 2350 | 2351 | 2352 | 2353 | 2354 | 2355 | 2356 | 2357 | 2358 | 2359 | 2360 | 2361 | 2362 | 2363 | 2364 | 2365 | 2366 | 2367 | 2368 | 2369 | 2370 | 2371 | 2372 | 2373 | 2374 | 2375 | 2376 | 2377 | 2378 | 2379 | 2380 | 2381 | 2382 | 2383 | 2384 | 2385 | 2386 | 2387 | 2388 | 2389 | 2390 | 2391 | 2392 | 2393 | 2394 | 2395 | 2396 | 2397 | 2398 | 2399 | 2400 | 2401 | 2402 | 2403 | 2404 | 2405 | 2406 | 2407 | 2408 | 2409 | 2410 | 2411 | 2412 | 2413 | 2414 | 2415 | 2416 | 2417 | 2418 | 2419 | 2420 | 2421 | 2422 | 2423 | 2424 | 2425 | 2426 | 2427 | 2428 | 2429 | 2430 | 2431 | 2432 | 2 |
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5. lay out eggs
6. lay packed light brown sugar
7. Top with egg yolk
8. Top unsweetened milk
9. top vanilla extract
10. lay roll
11. use vanilla extract

- Preheat oven to 350°F. Have ready two 12-cup or one 24-cup extra-muffin pan(s) preferably nonstick. Spray 12 cups, each vegetable cooking spray.
- Prepare crust in a large mixing bowl: use an electric mixer to beat butter and cream cheese on medium speed until blended and smooth, about 45 seconds. Mix in flour until a smooth dough forms, about 30 seconds. Divide dough into 18 even portions (1). Chop each and roll into piece, use a smooth 1-inch ball. Put one ball of

through wire prepared mullin cup. Use clean fingers to make an indentation in center of dough's top; then press dough cup-edges of mullin against wall over each top-edge of each mullin cup. Check to see that bottom of each cup is covered completely with dough and that thickness of sides is even.

3. After filling, in a large bowl, whisk cup, between mullin cups, several times; then swirl, swirl, and swirl mullin assembly lightly. Use a large spoon to lift in 1/2 cup of the product. Fill each mullin cup with about 1 to 1 1/2 cups. Stirring, sprinkle remaining 1 cup of pecan-crumbs evenly over each unit. Sprinkle dough off pan.

4. Bake small filling in firm and crust edges lightly browned, about 18 to 20 minutes. Cool units on pan until firm about 20 minutes. Use a small knife to loosen each unit. Transfer to wire rack to cool. Serve at room temperature. Note at room temperature or at reduced rates in an airtight container.



CRANBERRY-ORANGE MASCARPONE CREAM TART WITH VANILLA SHORTBREAD CRUST

SERVED 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES
(INCLUDES COOLING TIME)

This colorful tart can brighten the darkest table (even Thanksgiving) with the last holiday get-together. You may be drawn tightly around it, then thawed in the morning (prior to serving).

Before For the mascarpone filling, stir completely before adding the cranberry topping.

Orange Shortbread Crust

- 10 1/2 Tbsp. (3 sticks) plus 2 Tbsp. 1 unsalted butter, softened
- 1/2 cup confectioners' sugar
- 2 Tbsp. orange zest
- 1 tsp. vanilla extract
- 1/4 cup all-purpose flour
- 1/2 cup cornstarch
- 1/2 tsp. salt

Cranberry Topping

- 3 cups fresh or frozen cranberries
- 1/2 cup orange juice
- 1 cup sugar
- 1 tsp. orange zest plus additional for garnish (optional)

Mascarpone Filling

- 1 cup (8 oz.) mascarpone cheese, at room temp.
- 1/2 cup heavy cream, chilled
- 1/2 cup confectioners' sugar
- 1 tsp. orange zest
- 1 tsp. pure vanilla extract

1 Preheat oven to 350°F. Butter a 9-inch pie pan or a 9- to 9 1/2-inch tart pan with a removable bottom.

2 In a large mixing bowl, use an electric mixer to beat butter, confectioners' sugar, orange juice, and vanilla on medium speed until blended and smooth, about 1 minute. Add together these cranberries and salt and add to bowl. Mix on low speed just until dough forms crumbles and does not blend, about 15 seconds.

3 Transfer crumble to prepared pan. With clean dry hands, press dough smoothly and evenly onto bottom and sides of pan. Using a fork, prick top of dough lightly (like cross in 350°F for 10 to 12 minutes; until edge of crust is lightly browned, but crust need not be done before filling).

4 While crust bakes, prepare topping. In medium saucepan combine cranberries, orange juice, sugar, and orange zest. Over medium-high heat, bring to a boil, stirring constantly. Reduce heat to low and simmer gently for about 5 minutes; until mixture is syrupy and cranberries break down, reduce bling a pin. Refrigerate for at least 1 hour to cool and thicken slightly. Topping can be prepared early ahead, covered, and refrigerated to utilize filling. In a large bowl, use an electric mixer to beat mascarpone, cream, and confectioners' sugar, orange zest, and vanilla on medium-high speed until thickened and firm peaks form, about 5 minutes.

5 Assemble tart. Spread mascarpone filling in cooled crust. Refrigerate until thoroughly chilled, at least 1 hour, and again overnight. Just before serving, spoon cranberry topping over tart. Generously top individual servings with a spoonful of topping and garnish with orange zest if desired. The crust carefully yields a small hole around edges of crust to look in. If you need a tart pan with

PASTRY VARIATIONS

Pie or tart crusts can be flavored with spices and add-ins of your choice. To a shortbread crust, add 1/2 cup finely chopped pecans, walnuts, or toasted almonds. To make a chocolate crust, use 1 cup flour and 1/2 cup unsweetened cocoa powder. For raspberry and cream cheese crusts, add 2 Tbsp. citrus zest, lemon (lime or orange), 1 Tbsp. cardamom or ginger, or 1/4 cup ground almonds (optional).

Crusts can also combine for flavor with citrus zest, spices, or finely chopped nuts. In general, when adding items chopped or ground, use about 1/2 cup and combine thoroughly by hand.

assemble slices: spread 1 table-spoon of jam and transfer tart to a serving plate. If you need a pie pan, slice directly from pan, serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SUGAR: 40g (100g) CARBOHYDRATE: 70g (175g)
FAT: 10g (25g) FIBER: 1g (2g) PROTEIN: 1g (2g)
SODIUM: 100mg (250mg)

MAPLE PUMPKIN TART WITH CINNAMON SWEETENED CRUST

MAKES 8

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 4 HOURS 40 MINUTES (INCLUDES
COOLING AND CHILLING TIMES)

The exquisite holiday pumpkin pie takes on a sophisticated look in the form of a tart. Make sure to use pumpkin puree, not pumpkin pie filling. Tart may be frozen tightly covered, then thawed in the refrigerator prior to serving.

Cinnamon-Sweetened Crust

- A 1/2 cup (1 stick) unsalted butter, softened
- B 1/2 cup (packed) brown sugar
- C 1/2 cup ground cinnamon
- D 1/2 cup vanilla extract
- E 1 cup all-purpose flour
- F 1/2 cup cornstarch
- G 1/2 cup salt

Pumpkin Filling

- 1 2 large eggs
- A 1/2 cup (packed) dark brown sugar
- B 1/2 cup maple syrup
- C 1/2 cup heavy cream
- D 1/2 cup ground cinnamon
- E 1/2 cup (sifted) ginger
- F 1/2 cup ground cloves
- G 1/2 cup salt
- I 1/2 (15-oz.) can pumpkin puree (1 1/2 cups)
- Whipped cream (optional)
- Maple syrup for drizzling (optional)

1. Preheat oven to 325°F. Butter a 9-inch pie pan or a 9- to 9 1/2-inch tart pan with a removable bottom.

2. Prepare crust. In a large mixing bowl, use an electric mixer to beat butter, brown sugar, cinnamon, and vanilla on medium

speed until thickened and smooth, about 1 minute. Mix together flour, cornstarch, and salt and add to bowl. Into an air-free speed just until dough forms crumbles and then is thickened, about 1 1/2 minutes.

3. Transfer crumbles to prepared pan. With clean dry hands, press dough smoothly and evenly onto bottom and sides of pan. Using a fork, prick top of dough lightly. Bake crust 15 to 18 minutes, until brown and lightly ridged. Edges should not begin to brown. Let crust cool for 30 min. utes before filling. Lower oven temperature to 325°F.

4. Make filling. In a large bowl, whisk eggs, brown sugar and maple syrup until smooth. Add cream, cinnamon, ginger, cloves, and salt, whisking just to combine. Pour into chilled crust and spread evenly. Use a whisk to blend pumpkin in

thoroughly. Pour into partially baked crust.

5. Bake tart until filling is just set in center and edges are firm, about 50 to 55 minutes. Transfer to rack, cool completely about 2 hours. Refrigerate until thoroughly chilled at least 2 hours and up to overnight. To serve, carefully slide a small knife around edges of crust to loosen it. Serve chilled or at room temperature, topping each slice with a drizzle of maple syrup and a spoonful of whipped cream, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SUGAR: 40g (100g) CARBOHYDRATE: 70g (175g)
FAT: 10g (25g) FIBER: 1g (2g) PROTEIN: 1g (2g)
SODIUM: 100mg (250mg)

Glenn Kessler's newest book is *The Seasonal Chocolate Chip Cookbook*.



PHOTO BY JENNIFER BROWN
STYLING BY JENNIFER BROWN

five & dine

These streamlined dishes earn
high-fives – while letting you take five

Fast cooking, without a doubt, can be complicated and time consuming. Legend has it that one of Louis XIV's chefs spent 12 sleepless nights preparing a feast fit for the Sun King.

Fortunately, delicious meals don't always require lots of time or a long list of exotic ingredients – sometimes less really can translate into more. The recipes that follow use five ingredients that counting the basics of salt and pepper and rely on a handful of fast, simple techniques. For busy people, the resulting meals (5 ingredients + minimal prep) add up to more time and more taste.

One way to streamline dinner is to choose a cooking method that creates windows of opportunity for putting together all the elements of a healthy, balanced meal. Roasting chicken, baking fish, or simmering soup can provide just the right amount of time to scrub-fresh vegetables, prepare a salad dressing from scratch, or make a quick pasta salad* (see sidebars on pages 36 and 38).

by beverly ballaro photographs by sheri glibin

STIR-FRY CHICKEN WITH CORN AND BROCCOLI (250g)



NEWS IN BRIEF

Planning strategically can also enhance speed and flavor. A last event used to cook a pot of fish as chicken was pulled double duty: roasting vegetables or roasting garlic. In real life, the same fish can be cooked by dunking them briefly in boiling water before the pasta goes in. The same skillet used to pan fry a lot of meat can be displaced with a bit of water to make a nice healthy sauce with no additional work.

These five-ingredient recipes (plus salt and pepper) are all in on the table in 10 minutes or less with no straining of quality or of a cook's sanity.

POKE CHIPS WITH CINNABON FLAVOUR
APPLIANCE:

Table 1

Table 1

Choosing peak chips of the right thickness will ensure a crisp crust and a juicy interior. The recipe makes a generous amount of sauce, which can be used as an ample condiment, refrigerated, for several days. The peak chips may be frozen, without the sauce. (Sauce may be heated.)

4. 1/4 tsp (1/2 tsp) Mar-Whysops, Bonneted
Pork Chops
5. 1/2 tsp oil
6. 1/2 tsp freshly ground black pepper
7. 1/2 tsp - 1/4 tsp of sagebrushes** (see
Recipe 10)

1. <http://www.apple.com/education>
2. www.apple.com/education/curriculum-apple-grades
3. www.apple.com

1. Remove pool steps with salt and proper
2. Heat a large amount of salt over a medium



Table 1

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Roasting is a fast and easy way to cook vegetables along alongside a meat, fish, or poultry entrée. Start preheating the oven to 400°F or 425°F before you begin roasting the food. Arrange vegetables and cut up vegetables on a baking tray, drizzle with oil and seasonings, toss to coat, spread out in the preheated oven, stirring occasionally. Cook vegetables in a single layer and by beginning to caramelize, about 15 to 30 minutes.

- **How Absorbent (Superabsorbent):** Some absorbent products will collect oil, broken salt, and a variety of other contaminants.

Revised Carrier Equipments For cut-flower bands with silver clip, green leather, gold, and wooden.

14. Peas Roasted With Roasted Taro Root
boone, and peeled, sliced garlic cloves with
Taste of Madagascar® Sesame Oil and
lemon juice. Remove peas and taro root and
broiled (see note) and a spoonful of good
Flavored Potatoes, Roasted Cheese.

Mounted Epiphytic Boreal Potatoes: Two
sawed potato wedges with incisions for
Purpur Sporing Oil and Incisions into
Chlorine Salt.

1. High heat and acid oil. When oil is hot, add chops and brown each side for 1 minute. Reduce heat to medium and cook, turning chops occasionally for 3 to 4 more minutes on each page you wish. Place chops on serving platter and serve with hot ketchup sauce.
2. Wipe skillet clean. Add applesauce, chicken and rice, and mix together in blend. Cook over low heat until heat of through about 4 to 5 minutes.
3. Transfer pork chops to four plates and serve sauce with applesauce on the side.

[illegible]

ALL UNIT CHOICES

Abstract

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Maple syrup reduces and the charges, as all the balsamic vinegar, whole garlic and safflower seed, the mustard a lot of fish. Grade B maple syrup has a more pronounced maple flavor than lighter Grade A syrup; if you like a milder flavor, use Grade A. Recipe may be halved.

- A cup balsamic vinegar
- A cup maple syrup
- 3 clove garlic crushed
- 1 bunch safflower, whole parts only chopped
- A tsp salt
- A tsp freshly ground black pepper
- 4 half chicken breasts with skin removed

- 1 Preheat oven to 350°F
- 2 In a small bowl, combine vinegar, maple syrup, garlic, safflower seed, and pepper and stir well to blend
- 3 Place chicken breasts in a 9 by-13 inch baking pan and pour marinade over them, making sure they are well coated
- 4 Bake at 350°F for 11 minutes. Baste with some of the marinade
- 5 Increase oven temperature to 375°F and cook for an additional 11 minutes, or until chicken is opaque and juices run clear, and glaze is beginning to caramelize. Transfer chicken to a serving platter and serve immediately

APPROXIMATE NUTRITIONAL VALUES PER SERVING (PER CHICKEN BREAST, 5 OZ CARBOHYDRATE 1.5g, PROTEIN 17g, FAT 10g, SATURATED FAT 3g, CHOLESTEROL 60mg, SODIUM 100mg)

ROASTED SALMON WITH BROWN SUGAR GLAZE

SERVES 4
ACTIVE TIME: 5 MINUTES
TOTAL TIME: 40 MINUTES

Roasting the salmon in a foil packet cooks it moisture and flavor. Exposing the opened packet to a high temperature finishes off the cooking, and helps caramelize the glaze. Recipe may be halved.

Note: If a 2-lb fillet is unavailable, use 2 1-lb fillets and place each on its own piece of foil.

- 1 tbsp unsalted butter
- 3 tbsp light brown sugar
- 2 tbsp (mild) one-tasting maple mustard
- 1 tsp grated fresh ginger
- 1 (2-lb) salmon fillet, preferably skinless
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper

- 1 Preheat oven to 350°F
- 2 Melt butter in a small nonstick skillet over medium heat. Add brown sugar and stir until mixture is well combined and the consistency of very sand. Remove from heat and stir in mustard and pepper
- 3 Season skinless side of salmon with salt and pepper. Place salmon fillet skin side down on a sheet of foil large enough to fold over and cover fish. Rub brown sugar sauce

over top of fish. Fold foil over to enclose salmon in a tightly sealed packet.

4 Transfer packet to a metal baking sheet and place on a rack set in an upper third of oven.

5 Cook salmon for 15 minutes, then open packet and cook, uncovered, for an additional 10 minutes, or until salmon flakes easily when pressed with a fork and glaze is beginning to caramelize.

6 Use a spatula to separate cooked salmon from layer of skin on bottom and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (PER CHICKEN BREAST, 5 OZ CARBOHYDRATE 1.5g, PROTEIN 17g, FAT 10g, SATURATED FAT 3g, CHOLESTEROL 60mg, SODIUM 100mg)



MEALS IN MINUTES

LENTIL STEW WITH DRIED FRUIT

SERVES 4

ACTIVE TIME: 5 MINUTES

TOTAL TIME: 30 MINUTES

This quick mix of lentils, vegetables, and dried apricots combines some of the plant kingdom's richest sources of dietary iron. The stew will continue to thicken after cooking. Use a dash of freshly ground black pepper, if desired, to taste.

- 1 medium onion, sliced (about 1 cup)
- 1 large carrot, peeled, quartered lengthwise and thinly sliced
- 1 cup frozen lentils, rinsed and pitted (even)
- 1 quart low-sodium vegetable broth
- ½ cup dried apricots, cut into halves

1 Spritz bottom of a heavy stockpot with cooking spray and sauté onion over high heat for 3 minutes, or until it begins to soften. Add carrot, lentils, and broth and bring to a boil. Add apricot pieces.

2 Reduce heat and cook, uncovered, at a rapid simmer for 25 minutes, or until lentils are tender. Season with pepper, if desired, and serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
270 CALORIES, 50 CARBOHYDRATE (14g FIBER),
30mg IRON, 10g PROTEIN, 10g CHOLESTEROL, 100mg
SODIUM (10% DV) *



BEANS ON THE BURN

Like their more sophisticated, black-and-white counterparts, beans and lentils can be prepared with live ingredients.

Lentil Dice Pie* Sauté 1 bunch chopped scallions and the rest of 1 large to medium amount of butter (3½ to 1½ cups) until just sizzling, for 2 minutes. Add the contents of two (14- and 16-ounce) cans vegetable broth. Season, uncovered, until evaporation reduces most of the liquid is absorbed.

Cajun Dice and Potato Soup In a cup, top egg noodles (or small amount of whole-wheat spaghetti). Add 1 cup long-grain white rice and 1 cup, each of liquid (broth, Cajun rice, and water to cook). Add 1 cup water and 1½ cups of cooked diced tomatoes with salt (green olives, olive, and good olive oil heat for 10 minutes). Let stand for five minutes before serving.

Hearty Tuna Chowder Sauté 1 cup of bread crumbs with ½ cup olive oil in a small amount of olive oil until the grains begin to turn golden. Add 1½ cups of low-sodium vegetable broth, bring to a boil, lower heat,

simmer until the liquid is at a boil and the liquid is absorbed, about 10 minutes. Turn with 1 large, tomato, chopped before serving with or at room temperature.

Beef and Mushroom Soup Sauté 1 small onion, 1½ cups of sliced mushrooms in a pan covered with cooking spray and oil until the onion is soft. Add 1 cup beef or one beaten egg and salt to cook. Add the beef to the dry skillet and cook, stirring, until the onion is tender. Add 1½ cups of vegetable broth and bring to a boil. Lower heat, cover, and simmer for 10 minutes, or until liquid is absorbed. If desired, mix in some cooked minestrone pasta (see list).

Hearty Miso Soup In a large saucepan, combine 1 cup butter, ½ cup vegetable or chicken stock, and 1 table-spoon oil. Bring to a boil, then cook, covered, over very low heat for 15 minutes. Remove from heat and stir in 1 cup miso paste and 1 cup. Pour the soup into a bowl.

Sweet and Sugarless

Whip up some fantastic holiday treats that feature great flavor and no sugar

TEXT BY KITTY BROOKER MS RD AND NANCY MCCALLUM RECIPE BY NANCY MCCALLUM PHOTOGRAPH BY LARL FREEMAN

House-baked goods are a part of what makes the holidays special. But if you're among the many people trying to cut back on sugary or craving an acceptable homemade sweet treat for friends or family can be a challenge. Luckily, there are plenty of alternate sweeteners available in our stores (back to the regular holiday rule and in the Diabetic and Natural sections). With a little know-how you can make successful — and tasty — baked goods without using granulated sugar.

Sugar Basics

Sugar is a carbohydrate (that's found naturally in fruits, vegetables, and grains as well as milk) — kinds that also provide other nutrients. Table sugar (sucrose) on the other hand, provides no benefits beyond short-term energy from its 16 calories per teaspoon. Contrary to popular opinion, sugar does not cause diabetes or hyperacidity (scientific claims support those theories). But sugary foods and drinks do contribute to plaque formation and tooth decay. And when a diet is packed full of sugary treats, there's generally little room (or appetite) left for more nutritious foods.

All sugars get broken down to the same basic component: glucose, which the body uses as the main source of energy for the brain. But the sugar in fruit comes with vitamins and other nutritional pluses.

Then diabetes can have regular sugar as medication. According to the American Diabetes Association, research shows that sugars (such as table sugar) do not raise blood glucose any more quickly than do other carbohydrates, such as potatoes. This is true for people with either type 1 or type 2 diabetes. However, sugars do need to be limited on a diabetic diet, and the use of

manufactured sugar alternatives, such as aspartame and sucralose, can help people with diabetes stick to their prescribed diets most closely without feeling deprived.

Sugar's Role in Baking

Sugar serves several important functions in baked goods: it involves chemical reactions — after all, baking is essentially chemistry. In breads, sugar assists in the development of gluten, giving bread structure, and also provides food for yeast so the bread rises properly. Creaming sugar with butter for cookies and cakes contributes to a light, tender texture by trapping air in the air pockets of the sugar crystals, and sugar contributes to browning in baked goods. Chemistry aside, the bottom line for baking is that when sugar is measured or substituted, the taste, texture and appearance of the product can be compromised.

Baking Without Sugar

There are many sugar alternatives — some low-calorie, some calorie-free — to choose from in our stores (see sidebar on pages 48 and 49 for specifics). Nonnutritive sweeteners (such as honey, maple syrup, and molasses) and some noncaloric sugar substitutes can be used in baking, some with better success than others. In general, the sweetest that tend to work best with sugar when you are those to which sugar is used primarily for taste and not for leavening or browning. One mechanical rule simply cut the amount



of sugar in a recipe by half and make up the difference with a sugar alternative. This method generally reduces calories and carbohydrates, while still letting sugar work its magic on texture and browning.

Here are some handy tips for using sugar alternatives in your favorite recipes:

- Always check the packaging for warning information — not all sugar substitutes are measured cup-for-cup like sugar.
- Not all processed sugar substitutes can be heated, so be sure to check the label more well any something like "suitable for baking."

FOR YOUR HEALTH

- Cookies made with little sugar may not spread well during baking. Before baking, try flattening them slightly with the bottom of a glass or a fork (spray with cooking spray to prevent sticking).
- Using eggs from low-sugar baked goods contributes both sweetness and structure. However, applesauce (even pectin-enriched) and psyllium (for baby food removal) are acceptable substitutes to maintain quick breads and cookies that have little sugar.
- Low sugar pastries make a tasty filling or topping for sugar-increased cookies, cakes, and bars. Mixed low sugar jams is an easy place for next step.

GOOD ENERGY MAPLE COOKIES

MAKES ABOUT 25 COOKIES • 15g SUGAR
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 60 MINUTES

With low oil, protein and fiber, these cookies are provided a healthy burst of energy. They also taste delicious, and even someone who thinks they don't like natural foods will love these. We tested the recipe with a five grain hot cereal found in the French Flax section that includes oats, barley, rye, rye and golden flax. Any any malted grain or oat mix will work well. You can also make

up your own combination of grains or even use plain oatmeal, if you'd prefer.

- 2 eggs (for protein) mixed into
- 1½ cups all-purpose flour
- ¼ tsp baking soda
- ¼ tsp salt
- ¼ cup unsweetened butter at room temperature (1 ½ sticks)
- 1 cup maple syrup
- 1 tsp maple extract or pure vanilla extract
- 1 egg
- 1 cup (dropped) walnuts
- ¼ cup (dropped) pecans

1 Preheat oven to 375°F

Line two baking sheets with parchment paper or spray with vegetable cooking spray.

2 In a large bowl, stir in cereal mix, flour, baking soda, and salt.

3 In a separate large bowl, use an electric mixer on medium-high to cream together butter, maple syrup, and maple or vanilla extract until smooth, about 1 minute. Add egg and mix well.

4 Add dry ingredients to wet and mix well with a wooden spoon or rubber spatula. Stir in nuts and pecans.



5 Spoon rounded tablespoons of dough onto prepared sheets, placing them about 2 inches apart. Bake at 375°F for 12 to 13 minutes. Cookies should be pale brown around edges and slightly soft. Let rest on baking sheet for 1 minute, then remove to cooling rack. Bake additional batches until all dough is used. Store in an airtight container for up to five days or freeze.

LIQUID SWEETENERS

If substituting liquid sweeteners, always reduce the liquid called for in a recipe.

- **Honey** is thicker than sugar and will substitute itself somewhat at a variety of volumes and intervals. When substituting honey for sugar in a recipe, add ¼ cup baking soda for each cup of honey used. Its prevalent over-sweetening of finished baked goods. Reduce the oven temperature by 25°F. Honey should not be used in foods fed to children under 1 year of age.
- **Maple Syrup** is about three times sweeter than granulated sugar and contains some minerals. Grade A syrup is lighter in color and milder in flavor than Grade B syrup, which has a more pronounced maple flavor. To replace sugar, use ¾ cup syrup for 1 cup sugar.
- **Molasses** is a byproduct of granulated sugar refining. There are three kinds, which vary in flavor and function. Light and dark molasses are best used interchangeably in recipes. Thick dark molasses, though a good source of minerals, is not typically used in baked goods as it has a better flavor when substituted in recipes for sugar, adding baking soda to the dry ingredients.
- **Agave nectar/syrup** Produced from the leaves of agave plant. This syrup is sweeter than honey and contains some minerals. It is a liquid byproduct of a sweener for beverages, but can be used in baking as well (use ½ cup agave for 1 cup of sugar).

APPROXIMATE NUTRITIONAL VALUES PER SERVING (CALORIES): UN-COOKED/UNBAKED. IS PORTION OF THE INGREDIENTS. READ AND FOLLOW THE LABELS. © 2011.

HUTTY BLUEBERRY AND PEAR CRISP

SERVES 4 SERVING SIZE IS 1/4 CUP • 15g SUGAR
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 45 MINUTES

This versatile and easy-to-put-together dish is open to variations — try apples and pears or peaches and blueberries or use molasses or pecans instead of almonds. Top with sugar-free whipped topping or frozen yogurt for an added flourish.

Hint: Be sure to use powdered vanilla and not just van with added filler — that's a different product.

CRYSTALLIZED/Powdered Sweeteners

- **Saccharum officinarum** – Suc-PC is a cut cane from tropical countries; it is the most common sweetener (sucrose) and heat stable so it can be used in baking and cooking.
- **Melastoma**: This manufactured sweetener is roughly 200 times sweeter than sugar but is not heat stable. It can be used in uncooked foods, but not baking.
- **Olestra**: Derived from a Non-Hydrolyzable starchy starch is regulated by the FDA as a fat replacement rather than a sweetener (because it may cause gas and bloating).

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- **Saccharose**: Common: free and sweet; 500 times sweeter than sugar; saccharose is hard stable molecules for used in baking and cooking. (Some people find saccharose a sweetened table salt)
- **Sucralose**: Intensely sweet (about 600 times sweeter than sugar); said there is no calorie free and highly heat stable (as it resists for baking, and cooking). It is available on the market as sweetener with concentrated sucrose

eggs, then add milk, butter, and rum. Cook for 10 minutes and 10 more off the stove.

4. Make a well in center of dry ingredients, and slowly add wet ingredients. Use hand mixer constantly. Don't over mix. Spoon mixture into prepared muffin pans. Fill them 3/4 full. Sprinkle top of each muffin with about 1 tsp. of the remaining coconut.
5. Bake at 350°F for 15 to 20 minutes, until golden. Remove to cool on wire racks. Insert toothpick inserted into middle comes out clean. Let cool at least 5 minutes, then remove to cooling rack. Sprinkle more of dry coconut mixture.

2. *cup* *half* *cup* *power* *unopened* *condensed* *and* *coarsely* *chopped*
2. *cup* *instantized* *break* *in* *cream*
- 1/2 *cup* *powdered* *orange* *juice* *dry*
- 1 *cup* *pot* *starch* *uncooked*
- 1 *tbl* *granulated* *salt*
- 1/2 *tbl* *ground* *ginger*
- 1 *tblsp* *water*
- 1 *cup* *shredded* *cheese*
- 1/2 *cup* *oil*
- 1 *cup* *flour*
- 1 *tbl* *ground* *cumin*
- 1 *tblsp* *oil* *and* *ice*

1. Preheat oven to 250°F. Spray a 1-quart casserole or an 8 by 8-inch baking dish with cooking spray. Add peas and blackberries in a pan and mix.
2. Sprinkle 1 cup topping vanilla extract cinnamon and ginger over fruit then add water then gently mix to combine. Sprinkle fruit with sliced almonds.
3. Prepare topping. Use a pastry blender or fork to mix-coconut, flour, cinnamon, and remaining ½ cup sugar. Blend in butter until mixture is crumbly. Sprinkle topping over fruit and almonds.
4. Bake uncovered in 250°F for 40 to 45 minutes, or until crisp (bubbling at edges) and peas are soft when pierced with a fork. Serve warm or at room temperature.

APPROXIMATE PERCENTAGE, BASED ON SURVEY
OF CALIFORNIA AGRO-COMMUNITIES, IN PROGRESS
[THE FOLLOWING LABORATORY ANALYSES, CONDUCTED, 1966
COVERED ALL FISH]

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

[illegible]

Abstract

Abstract

Thomas Russell lives in Seattle, Washington, and teaches

and lower caloric than regular muffins, thanks to the substitution of sucralose, commonly available as Splenda, for sugar. *Protophylla* adds extra sweetness and keeps the muffins moist.

- [illegible]

- 1.** Freshest eggs to 400°F. Spray a 11-cup muffin pan with vegetable cooking spray.
- 2.** In a large bowl, mix vegetable flour, sweetener, baking powder and cinnamon and stirring.
- 3.** In a smaller bowl, combine brown





Delicious Dairy Your Kids Will Love

Dairy has long been a healthy addition to children's diets. And while most people realize that these calcium-rich foods help build a strong bones, you may not know that dairy products also are great sources of many other essential nutrients. Protein, potassium, magnesium and vitamin A — all nutrients supporting proper growth and development in children — can also be found in these foods. (Adding a nutrient-dense pouch that can't be lost.)

Luckily many children, even some of the pickiest eaters, are receptive to the creamy, cool and slightly sweet taste of dairy foods. So incorporating them into children's diets is usually simple. Dairy products can even make off-kilter meals such as vegetables more appealing to the pickiest eaters.

Try some of these fun ideas for incorporating low-fat dairy in your children's diets — everyone is sure to love them!

Start the Day with Dairy

Breakfast is a great time to serve your child down line. Use dairy products. The protein will fill them up and keep them full until lunch.

It's easy to make a dairy smoothie with low-fat yogurt, by mixing plain yogurt with low-fat milk instead of water, and for kids add some berries. Or for all berries sugar for a sweet treat. You can also have kids have plain low-fat yogurt with fresh or frozen fruit and whole grain cereal for a **yogurt parfait**. Or just serve that whole grain cereal with a side of low-fat yogurt on top for a quick and easy meal.

Lunch and Dinner Dairy Ideas

Make dairy the star of the meal with some of these simple ideas. Taps a slice of low-fat cheese with thinly sliced tomato (or whole grain bread) then drizzle it in a pin for a healthy delicious **grilled cheese sandwich**. Or use whole grain English muffins, spread some plain cottage cheese, an egg half, then top with low-fat shredded cheese and veggies for delicious **mini pizzas**. How about some pizza? Roll moment shells, then top with low-fat shredded cheese and the low-fat pizza for a quick and easy **mini and cheese pizza**. This is a great time to read some recipes for the rest of the day.

Just a word — be sure to use whole milk and whole milk yogurt when it comes to dairy.

Snack Time Favorites

The possibilities are endless when it comes to making a creamy dairy snack. Keep it simple by blending handfuls of apple and cheese with an electric or hand low-fat cottage cheese with fresh fruit and a touch of honey. Kids will also love **low-fat ice cream** — try sprinkling crushed graham crackers on top for a creamy treat. Or try our easy **Mango Mousse**, which can be whipped up in no time at all.

MANGO MOUSSE (1 STAR) SERVED

- 1 cup low-fat milk
- 1 fresh mango (2 cups) or 4 fresh frozen mango pieces
- 1 small banana
- 2 ice cubes

Put all ingredients into blender and blend until creamy. Serve chilled daily.

Skinny Dips

Everything you love about party food — without the fat

BY CLARA SAMANTHA PHOTOGRAPHY BY LAUREL FENNEL

Surrounded by crunchy veggies or crisp crackers, dips are a party star in a fat makes for serious feasting whether it's a simple nibble with cocktails on hot dates before a dinner party or a buffet selection at a big bash.

One word that's changing, however, is that many dips are heavy on the sugar, oil, and sour cream. We looked to *Taste of Inspiration*® products to help create a trio of fat-free dips that are still amazingly good. Filled with a veggie platter, house-made pesto chips (see recipe on page 83) or low-fat crackers, these dips make every holiday party event with a lighter touch.

A Healthy Base

To lighten dips, build from healthy ingredients. Vegetables make a good base because they're naturally low in fat and rich in nutrients. There are several ways you can prepare veggies to incorporate their flavors and textures into a dip. Roast fresh vegetables on a low-heat medium rack or a grillable broiler, then dress to make them easier to serve. Or, freeze frozen vegetables, such as spinach or peas, for a chilled dip base.

Creamy, nutty, simultaneously soft and rich, roasted vegetables are a great veggie base. Eggplant can be roasted whole, which concentrates its pleasant, smoky flavor to dips like Baba Ganoosh. Bell peppers, garlic, balsamic vinegar, or even small pieces of olive and olives are well-suited. A blend of roasted garlic enhanced with inspirations® Chipotle Dressing Sauce adds both flavor and creamy texture to our Red Bean Dip with Roasted Garlic. Roasted beans provide a creamy texture when on the high heat of roasting.

When dipping on the high fat content of house-made or packaged chips, bread, or crackers, consider also enhancing texture without adding fat.



Light and Creamy

Low-fat or fat-free dairy products are great options when you want creaminess without lots of calories. Plain yogurt, especially the thickened Greek style, can substitute for sour cream. Yogurt contributes to the lightness of our Anchoitos and Red Pepper Dip, flavored with inspirations® Green Olive Tapenade.

Soy products also work well in dips. Silken tofu is a softer version of the firm tofu that can be cut into squares. When puréed in a food processor, silken tofu

becomes wonderfully smooth, and its mild flavor lends itself to almost any seasoning. Here, we blend it with inspirations® Mango Chutney for an exotic appetizer.

Flax or Flaxes

Chopped fresh herbs dress up dips while helping to keep them lean, and whole leaves can double as a garnish. Dried herbs can be stirred right into a recipe without roasting and chopping. Spices also introduce plenty of flavor, but so fat. Curry powder

LATICHOKE AND RED PEPPER DIP
 MAKES 4 CUPS (8 SERVINGS)
 ACTIVE TIME: 15 MINUTES
 TOTAL TIME: 45 MINUTES

This antipasto dip is a perennial holiday party favorite that's typically loaded with mayonnaise, cheese — and calories. This dip also starts with antipasto, but goes on a healthier direction with flavorful latichoke sheets like roasted peppers and green olive tapenade.

This dip is best served hot, but refrigerated latichoke makes a tasty snack when spread on bread or crackers. It's also good with plain crackers or tossed into chips.

1. Put latichoke into shallow bowl, packed in water, rinsed and drained.
2. Grate latichoke (approximately 4 inches long and 1/2 inch wide) (read: cut into paper!) into a bowl.
3. Drain garlic.
4. Top latichoke with Olive-Green Tapenade.
5. Drizzle latichoke with oil or olive oil.
6. Toss, let sit for 10 minutes.
7. Toss latichoke with cream.
8. Top latichoke with roasted latichoke.
9. Top latichoke with latichoke.
10. Top latichoke with latichoke.



1. Preheat oven to 350°F. Spray a glass dish or 8 by 8 inch pan with vegetable cooking spray.

2. Place latichoke, latichoke, and pepper and garlic on the bowl of a food processor fitted with a metal blade. Process until roughly chopped, about 15 to 30 seconds.

3. Place mixture in a bowl. Add tapenade, latichoke, pepper, olive cream, and Olive-Green Tapenade. Stir to combine. (As this point, mixture should be covered and refrigerated for several hours or overnight.)

4. Spoon mixture into prepared, baking dish. Sprinkle with cheese, then paprika. Bake, uncovered, for 20 to 25 minutes until lightly brown on top and heated through. Serve warm with a fork for spreading.

APPROXIMATELY 100 CALORIES PER SERVING (CALORIES: 100, CARBOHYDRATE: 10, FIBER: 10, FAT: 10, SODIUM: 10, CHOLESTEROL: 10, SUGAR: 10, PROTEIN: 10).

Prepared just under Chris Silvestre is the author of *The Boston Chef's Table* and co-author of *The New England Soup & Pottery Cookbook*.

How to Use This Recipe

These dips are made out of the same ingredients, ready to be served up in a bowl. Use the dips here the same by substituting other types of dips and/or dipping oils and oils.

44000 44 44000 44000 44000
 ACTIVE TIME: 15 MINUTES
 TOTAL TIME: 45 MINUTES

1. 40- or 1/2-inch pieces of latichoke
2. Tap latichoke with Olive-Green Tapenade
3. Tap latichoke with Olive-Green Tapenade

1. Preheat oven to 400°F. Use two baking sheets with foil.

2. Place one piece of latichoke on a baking sheet. Using a sharp knife, cut around

edges, then use your hands to gently pull latichoke apart into two sheets. Lay flat, lay flat up all each side of latichoke with oil. Cut each latichoke into 1/2-inch pieces. Repeat with remaining latichoke.

3. Spread wings onto baking sheets so they're not touching each other. You might need to make two batches. Bake for 7 to 8 minutes, until just beginning to brown and crisp. Remove from oven and serve, or store, when cooled, in an airtight container.

APPROXIMATELY 100 CALORIES PER SERVING (CALORIES: 100, CARBOHYDRATE: 10, FIBER: 10, SODIUM: 10, CHOLESTEROL: 10, SUGAR: 10, PROTEIN: 10).



Glad Hearts and Hearty Wines

Serving fabulous food in the holidays implies planning ahead. But when it comes to finding holiday wine, Roseabloom makes it quick and easy.

Looking for some good bagpans? Check out our Wines of the Month, elegantly displayed in our stores. For November, Callaway's Chardonnay and Cabernet Sauvignon will be served with turkey and are extraordinary for the price. December's offering, Chateau Pichon, a French Bordeaux blend, is world class in taste and less than \$40!

If that's your emergency, we always have a perfect match with holiday, such as Jewel Weinberg, or my Jewel Vignoles or a juicy Mark West Pinot Noir. Pinot Gris complements ham and so does Roseabloom Nouveau.

To look it up, a search or as a gift for a special host, investigate

our Limited Reserve line (see page 7 for more information). These finely crafted wines best display top quality wines, many of which are created exclusively by us, in prices that are only getting better. Whatever you need for the holidays — including dinner and sparkling wine — you'll find us this season.

Our regular shelves, too, have got you covered. Follow the Wine Expert Recommendations or choose with holiday-friendly favorites as Red Zinfandel (my Roseabloom Callers' Vision's Cuvée) and the always popular Georges Dubouche Roseabloom Nouveau. Pinot Noir loves a will want to grab a Sebastian and Chardonnay from a Spotlight. If you can't decide, match the wine with the stuffing, what for an appetizer or other ambient snacking, and for our featured, more or average.

— Monica Wilson

MAKE IT A BIG NIGHT IN

BLOOD ORANGE MARTINI

3 parts Stirrings® Blood Orange Martini
1 part House of Vodka

Combine in a shaker with plenty of ice. Shake vigorously. Strain into a chilled martini glass.



MINT CHOCOLATE MARTINI

2 parts Stirrings® Chocolate Peppermint
1 part Casa Vodka

Combine in a shaker with plenty of ice. Shake vigorously. Strain into a chilled martini glass.



COZY RUM CIDER

2 bottles Stirrings® Spiced Apple
12 white cubes of all types of licorice
2 cups Captain Morgan Spiced Rum
2 cinnamon sticks

Combine ingredients in a warm pot. Simmer for 1 hour, stirring occasionally. Strain into a mug.



PLEASE DRINK RESPONSIBLY
Find more recipes and cocktail inspiration at Stirrings.com

STIRRINGS
Simply Better Cocktails

Add a little cool to a holiday classic...

with Hannaford holiday ideas!

Pumpkin Mousse Pie

Preparation Time 10 Minutes

Total Time 2 Hours 10 Minutes

Ingredients

| | |
|--------------|---|
| 1 1/4 cups | cold fat-free milk |
| 1 package | 40-serving sized JELL-O® vanilla instant pudding & pie filling |
| 1 tablespoon | pumpkin (pie spice)* |
| 1 cup | canned pumpkin |
| 1 tub | (8 oz.) frozen reduced-fat non-dairy whipped topping, thawed, divided |
| 1 | Ready-Crust® Pie Crust Reellets® Ready-Crust® Reduced Fat Graham |

Directions

1. In large bowl beat milk, pudding and spice with wire whisk for 1 1/2 minutes. Whisk in pumpkin. Fold in half of whipped topping. Spread in crust.
2. Top with remaining whipped topping.
3. Refrigerate at least 2 hours. Garnish as desired. Store in refrigerator.

NOTE: you may substitute 1 1/2 teaspoons ground cinnamon, 3/4 teaspoon ground ginger and 1/4 teaspoon ground cloves in place of prepared pumpkin pie spice.

